



This Friday the 29th of MARCH is a **FREE DRESS DAY** with a gold coin donation.

**LAST DAY OF TERM 1 - Friday the 5<sup>th</sup> of April.**

Please ensure that students are picked up no later than 2:45PM

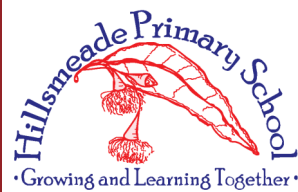


# The Link

Hillsmeade Primary School Newsletter

Issue No 8—WED 27th MAR

TERM 1  
**2019**



THE FULL CALENDAR AND DETAILED EVENT INFORMATION IS AVAILABLE TO VIEW VIA THE COMPASS APP OR WEBSITE

## WHO? WHAT? WHEN?

MON	TUES	WED	THUR	FRI
25th MAR	26th MAR	27th MAR	28th MAR	29th MAR <b>Friday Electives</b> Winter Inter-School Sports <b>FREE DRESS DAY—GOLD</b> COIN DONATION FOR EASTER RAFFLE
1st APR Parent Teacher Interviews —Bookings via Compass	2nd APR Parent Teacher Interviews—Bookings via Compass  Start Smart ComBank Incursion Gr 1	3rd APR Parent Teacher Interviews - Bookings via Compass  Start Smart ComBank Incursion Gr 1	4th APR	5th APR <b>Last Day of TERM 1</b> <b>1:45PM Assembly in the Hall</b> <b>SCHOOL FINISHES AT</b> <b>2:30PM</b>



# FROM THE PRINCIPAL

Dear Parents / Guardians

Happy Week 9. I hope that everyone is having a wonderful week and have begun to make some exciting plans for the school holidays. With only a little over a week left of Term 1 it is exciting to reflect on the year so far.

This term we have seen some fantastic things take place. At the moment we are in the final stages of the Chicken Hatching event that has been taking place in Year 1 classrooms.

This term we have also seen the annual Survivor Day event take place involving the Year 5 and 6 students. I must say that this year's chants were some of the best I have ever heard.

This term we have also seen our Student Leaders involved in activities throughout the school and also outside of the school as they learn about their leadership capacity and opportunities for the year ahead.

## TERM 2

There will be plenty of things to look forward to in Term 2 at Hillsmeade, here are just a few:

- Mothers and Special Other's Event
- Bedtime Stories and Maths Games Night
- 2018 Annual Report Presentation
- Year 4 Camp Information Night
- Year 6 Camp Information Night

## Parent Helpers

It has been so wonderful to see the corridors in the main building lined with parent readers and helpers. A big thank you for supporting our students in developing their skills and passion for reading.



## Easter Raffle

It is that time of the year again, the smell of hot cross buns fills the air and we run our annual Easter Raffle. Raffle ticket sheets have been sent home with the eldest child from each family. Tickets will also be available from the front office. The raffle winners will be announced at our end of Term 1 Assembly on Friday the 5<sup>th</sup> of April starting at 1:45PM.

## End of Term

**A reminder that the last day of term 1 is Friday the 5<sup>th</sup> of April. Students will be dismissed at 2:30pm. Please ensure that students are picked up no later than 2:45PM**

## Electives

This Friday afternoon we will run our elective program.





Meet Our 2019

**STUDENT LEADERS:**



Keely O and Keshav S—School Captains



Jordan H and Tavleen K—Environmental Captains





## Meet Our 2019

# STUDENT LEADERS:



### Young Leaders Reception Bunjil Place

Yet again, as school captains, Keshav and I had another opportunity to go to Bunjil Place and listen to two very inspiring speakers. We listened to Emma Both, a Paralympian swimmer. The night was great and Keshav and I were really grateful for the experience. Thank you to Ms Watson and Mrs Bray for giving us this amazing opportunity.

**Keely O, School Captain**



**Alannah D—Social and Emotional Learning Captain**



**Rony X and Cody O—STEAM Captains**



**Jaylen F and Natasha K—Sports Captains**



**Elizabeth M and Kiarah T SRC Captains**



# Meet Our 2019 STUDENT LEADERS:

Mikayla R—Mandarin Captain



Chantelle V and Will A—Mackillop Captains



Eszter S and Erin A—Arts Captains



Tushar C and Abigail K—Monash Captains



Nyah F and Stephan R - Dunlop Captains



Sanah A and Suliman F—Barak Captains





Parent—Teacher Interview Locations



**Parent Teacher Interviews**

A reminder that next week we will be having our Parent Teacher Interviews running on Monday the 1<sup>st</sup> of April – Wednesday 3<sup>rd</sup> of April. The parent teacher interviews are a wonderful opportunity to meet with your child’s teacher and hear about the progress that your child is making and also set goals for future learning. All interviews will be conducted in the main building. Please take the time to look at the below map to see where your child’s teacher will be conducting their interviews.

If you are having trouble booking an interview online, please contact the office. If you require a translator for your interview please get in touch with your child’s teacher or a member of the office team.

## PROM THE COMMUNITY

### Peace Pod

The 'Peace Pod' was a new addition to Hillsmeade PS this year, and one that we are very proud of. This initiative arose from the study tour that Jodie Bray and I participated in during the term 3 holidays last year. The aim; to provide a space where students can access support with their social and emotional needs, while in a quiet and calm environment.

We offer a variety of supports and activities in the Peace Pod. On Monday and Friday, we listen to 'Story Pirates'; a storytelling podcast for kids. On all other days, John Cardamone and I meet with students who choose to visit for a multitude of reasons. Some children come to say 'hello' and build connections or to enjoy some time in a quiet, comfortable space and escape the hustle and bustle of the playground. As the need arises, we also support students in problem solving with friends, brainstorm with students about games they could invite people to play outside, role play to help build social skills and practice using strategies to help get back to the 'green zone'. **Crystal Wells, Assistant Principal Student Wellbeing**



### **Responsible Pet Ownership Incursion**

On Wednesday we had a special visitor in Prep. Willow the Australian Shepherd and her owner came to teach us how to take care of and be safe around pets. It was a great learning experience which linked to our Science unit about living things and our Hillsmeade I RESPECT value of being responsible. **Ms Rachel Sutcliffe, Prep PLT**

### **Bollywood Dancing Incursion**



## A NOTE FROM THE SICKBAY

### Medication at School

Students are encouraged to have their Ventolin and spacers with them /in their bag for the treatment of Asthma.

All other medication needs to be delivered to the office with a medication request form and in the original packaging. **Vicki Collie, First Aid Officer**



## FROM MR CARDAMONE

Good afternoon Hillsmeade Community,

I hope it has been a positive week so far. A big congratulations to the I RESPECT wristband recipients, Madison B, Selena A, Rosaria K, Cooper W, Tyren F and Abby B. A big well done!

This week we will be talking about separation anxiety in children. We know this can be very difficult for families during this time. Below is some information from the Raising Children Network website. At the bottom of this article you will find the link.

### **What is separation anxiety in children?**

*Separation anxiety is children's common and normal fear of being away from their parents or carers. The behaviour you might see when children are separated from parents is sometimes called separation protest.*

### **Helping children with separation anxiety**

*If your child is suffering from separation anxiety, there are lots of things you can do to help.*

#### **In new places**

- *If you're leaving your child in a new setting – child care centre, preschool, friend's house, babysitter – spend time at the new place with your child before the separation. Your child will be less distressed if he's left in a safe, familiar place with familiar people he trusts.*
- *Let your child take something she loves from home, like a teddy bear, pillow or blanket. These objects will help your child feel safer, and you can gradually phase them out as she feels more settled in the new place.*
- *Tell your child's child care centre, preschool or school about his separation anxiety, and let them know about anything you're doing to help your child. This way, other people in your child's environment can give him consistent support.*

## **Don't forget to register your interest for our first parent forum.**



Hillsmeade Primary School is excited to announce our next parent workshop, 'Setting up for Success', presented by **John Cardamone** (Leading teacher in Social and Emotional Learning) and **Crystal Wells** (Assistant Principal Wellbeing)

**What:** This workshop will explore the importance of routines and expectations and share strategies to support children during tough times.

**When:** 4<sup>th</sup> of April 6:30pm – 7:30pm (seated by 6:20pm)

**Where:** Hillsmeade Primary School staffroom

**Why:** At Hillsmeade, we value the partnership between school and home and we believe if we can continue to work together this will only benefit your children. Our education state targets are:

**'Learning for life'**

**'Happy, healthy and resilient kids'**

**'Breaking the link'**

**'Pride and confidence in our schools'**

Please register your name (and anyone else joining you) with the front office via phone or email.

**RSVP: March 29<sup>th</sup>**

Through these workshops, we hope to not only strengthen our partnership with families but also the connections between the families of Hillsmeade. While John and Crystal will be presenting information about this topic, there will also be plenty of discussion time, opportunities to share successful strategies you use at home and share questions or challenges you may be experiencing.



## FROM MR CARDAMONE

- *Gently encourage your child to separate from you by giving her practice. It's important to give her positive experiences of separations and reunions. Avoiding separations from your child can make the problem worse.*

### **When you're leaving your child**

- *Tell your child when you're leaving and when you'll be back. This is helpful even with babies. Sneaking out without saying goodbye can make things worse. Your child might feel confused or upset when he realises you're not around and might be harder to settle the next time you leave him.*
- *Settle your child in an enjoyable activity before you leave.*
- *Say goodbye to your child briefly – don't drag it out.*
- *Keep a relaxed and happy look on your face when you're leaving. If you seem worried or sad, your child might think the place isn't safe and can get upset too.*

### **At home**

- *No matter how frustrated you feel, avoid criticising or being negative about your child's difficulty with separation. For example, avoid saying things like 'She's such a mummy's girl' or 'Don't be such a baby'.*
- *Read books or make up stories with your child about separation fears – for example, 'Once upon a time, there was a little bunny who didn't want to leave his mummy. He was afraid of what he might find outside his burrow ...'. This might help your child feel he's not alone in being afraid of separating from his parents.*
- *Make a conscious effort to foster your child's self-esteem by giving her lots of positive attention when she's brave about being away from you".*

A promotional graphic for an Easter Raffle. At the top, a row of colorful Easter eggs is shown. Below them, a cartoon rabbit is holding a large, multi-colored Easter egg. To the right, text in yellow and orange says: "Please bring a gold coin donation to Free Dress Day. Money raised will be used to purchase Easter Raffle prizes." Below this text is the "Easter RAFFLE" logo in pink and purple. The main text "FREE DRESS DAY" is in large, bold, cyan letters. Below that, "FRIDAY 29TH MARCH" is written in bold, pink letters. On the right side, there is a cartoon rabbit holding a large, multi-colored Easter egg with a pink bow. At the bottom, another row of colorful Easter eggs is shown.

Please bring a gold coin donation to Free Dress Day. Money raised will be used to purchase Easter Raffle prizes.

**Easter RAFFLE**

# FREE DRESS DAY

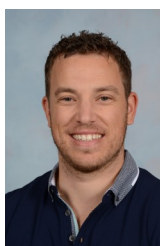
## FRIDAY 29TH MARCH

If you would like more information please visit:

<https://raisingchildren.net.au/babies/behaviour/common-concerns/separation-anxiety>

or please see me if you have any questions. Thank you.

**John Cardamone**  
Leading Teacher in Social and Emotional Learning



## HILLSMEADE PS

### GRADE 6 COMMEMORATIVE GARMENTS

**ONLINE CLOSING DATE: FRIDAY 5th APRIL 2019**



Hoodie = \$53



Polo = \$36.5



### A NEW WAY TO PURCHASE YOUR GRADE 6 GARMENTS

Let Fashion Clubwear do the work for you....

Follow the following easy steps to order your garments online.

1. Go to [www.fcw.com.au/#shops](http://www.fcw.com.au/#shops)
2. Click on 'Leavers Online Shops'
3. Find your school logo and click on that.
4. This page will then give you up to date information such as **cut-off date for orders and delivery.**
5. Click the green button: ORDER & BUY.
6. Select item and then click on 'show image' and 'show info' for visuals and prices.
7. Then click the green button: NEXT- ITEM SIZES & OPTIONS.
8. Select the size and QTY you wish to order (Sample sizes are at school).
9. Click 'NEXT' to finalise order.
10. You will be given the option to pay by credit card or pay pal, simply follow the instructions to finalise your order.

Upon successful completion of your order you will be emailed a copy of your order as confirmation. If you don't receive an email a copy of your order, either your order was not successfully completed or the email address you provided was incorrect.

\* A size range will be available at the school to assist with sizing.



*Congratulations to our*

## HILLSMEADE HEROES:

00A William C Nethaka B	1A Arlia S Riley M	2A Soha Q Chloe L	3A Gemma B Aleks C	4A Charli H Bianca C	5A Successful Strawberries & Waddling Achievers	6A KF6s Most Wanted
00B Elvin F Ibrahim F	1B Alex R Madison M	2B Nirvana M Shawn S	3B Jaide D Kishen S	4B Shaylah L Kiara D-F	5B Brave Burritos & Savage Sausages	6B The Black Titans & Multicoloured Marshmellos
00C Ava B Yuvraj S	1C Declan A Leonard J	2C Daniel M Sumaya R Ashlee W	3C Saket J Waydon T	4C Tiger-Lilly M Ava M	5E Pavanveer S Narjis B	6C Oceans 14 Devil Divas
00D Ruby S Nathaniel B	1D Rihanna S Antony R	2D Bianca G Sean A	3D Emilia H Erin B	4D Gurshan S Izzy T	5F Prabhyjot K Yassine D	
00E Mason D Maya T	1E Annabelle R Mozhda S	2F Lylah B Mia Q	3F Jamil N Saira C	4E Jaycea C		
00F Lydia D Brayden H Nargis J Jayda T	1F Jacob H Edward C					

## Anyone can earn stickers to help local schools

The Woolworths Earn & Learn program gives schools and Early Learning Centres around Australia the chance to earn amazing school equipment. In 2017 we had over 15,000 schools and Early Learning Centres involved, and delivered over 300,000 new pieces of equipment to kids all over Australia.

Here's what to do:



Between 1 May and 25 June 2019, collect as many stickers as you can.



Stick them on the sticker sheets and give them to your local school or Early Learning Centre. Or drop them into a collection box in store.

Don't forget, you can always download and print extra sticker sheets at [woolworths.com.au/earnandlearn](http://woolworths.com.au/earnandlearn)

Need more information? To read our Frequently Asked Questions and Terms & Conditions visit [woolworths.com.au/earnandlearn](http://woolworths.com.au/earnandlearn)



## Sticker Sheet Let's stick together with Earn & Learn



12 BOOKS TO COLLECT

IN STORE ONLY  
One new book released weekly in store.

# Free books FOR KIDS\*



\*While stocks last. 1 book per child.



## Free books for kids

One new book released every Thursday in store.

BIG W is committed to making books more accessible to all Australian families by giving every child the chance to take home a classic storybook for free when they visit their local BIG W store. A new title will be given away each week for 12 weeks starting Thursday 21 February.

Meredith Drake, BIG W's Category Manager for Books and passionate advocate for reading to kids, says

*The connection between access to books and the child's future success and wellbeing is very well established. Research indicates that just 10 minutes of reading time a day can expose a young child to over 600,000 words in just one year, positively impacting childhood literacy.*

Publishers of the 12-book titles, Scholastic Australia, also revealed in its 2015 Australian Kids & Family Reading Report\* that 86% of Aussie kids enjoy being read books aloud at home, with the main reason being because it is a special time shared with parents.

Collect all 12 books in store, no purchase necessary. Available nationally. While stocks last.

<https://www.bigw.com.au/free-books-for-kids>



# FROM THE COMMUNITY

If you would like to place an advert in the newsletter, please see the friendly office team

## Every Tuesday is: School Banking Day



## Dads Matter Family Campfire Night



Calling all Dads, Grandfathers and father figures! Bring your children and family along to the Dads Matter campfire for a night of fun and entertainment.

There will be games, entertainment, drumming, marshmallow toasting, a free sausage sizzle (halal) and veggie burgers.

Thursday 9 May 2019  
6.30 pm – 8.30 pm

Casey Youth Hub  
52 Webb Street, Narre Warren

RSVP [www.trybooking.com/BBISD](http://www.trybooking.com/BBISD)

Contact City of Casey

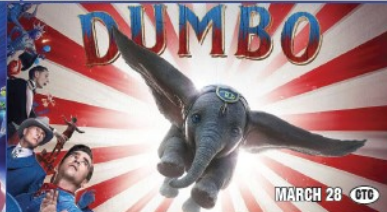
03 9705 6200  
NRS: 181 677 (for the deaf, hearing or speech impaired)  
TIS: 181 460 (Translating and Interpreting Service)  
[caseycc@casey.vic.gov.au](mailto:caseycc@casey.vic.gov.au)

[casey.vic.gov.au](http://casey.vic.gov.au)  
facebook.com/CityOfCasey  
@CityOfCasey  
PO Box 1000  
Narre Warren VIC 3805

**Dads Matter**  
(It's a family thing)

# Lunar Drive In

115 SOUTH GIPPSLAND HWY, DANDENONG. 9706 9988



SESSIONS AT [WWW.LUNARDRIVEIN.COM.AU](http://WWW.LUNARDRIVEIN.COM.AU)  
Information correct at time of printing. All dates and films are subject to change.



# LYNDHURST SECONDARY COLLEGE

A Partnership in Discovery



# OPEN NIGHT WEDNESDAY 1ST MAY 7:00PM

Free Sausage Sizzle 6:30pm

950 South Gippsland Highway Cranbourne  
Ph. 5996 0144 [www.lyndhurst.vic.edu.au](http://www.lyndhurst.vic.edu.au)

